

Who is Carolyn Gross?

Helping people manage chaos with confidence has been a life long passion for Carolyn Gross. She is an Award Winning International Speaker, Facilitator, Certified Time Management Trainer for Day-Timer and the Color Code, Past President of the National Speakers Association in San Diego and Author of two books: *Staying Calm in the Midst of Chaos & Treatable and Beatable: Healing Cancer without Surgery*.

Carolyn introduces effective time management techniques, relationship strategies, teambuilding and customer service tactics, as well as workplace wellness programs to audiences throughout the United States. She has worked with a wide range of professionals in top resort hotels, healthcare organizations, government agencies, insurance and financial industries, women's organizations and real estate.

She has been quoted as a stress expert by the *Washington Times* and has written articles for: *Women's Council of Realtors Magazine*, *Strategies Magazine*, and *Family Circle Magazine* in San Diego.

Carolyn's unique approach to stress solutions, time management, relationship strategies and self-discovery for life effectiveness, are highly sought after from some of the nations leading businesses. She dedicates herself to helping others by combining creative life solutions with business principles and wellness practices. Her multi-faceted approach to managing the sea of change we live in has helped companies be courageous and achieve their goals.

Her customized presentations revive and renew team spirit during times of transition and restructuring. Whether she is delivering a keynote presentation on "Do You Shine or Whine?", or motivating employees with "Managing Chaos with Confidence" or working with cancer patients on "The Treatable and Beatable Mindset" her message and material is informative, interactive and energizes people to action. Her effervescent character and interactive style captivate her audiences. She has been called "a veritable energy transfusion" by attendees!